

Park Practice Newsletter



WINTER 2022



Update from Dr Writer

Welcome to our Winter Newsletter. We are now reaching the busiest time of the year for us. This year seems to be even busier with an increase in the number of people becoming ill and needing help. We are expecting that there will be another wave of COVID infections and flu infections, as well as the normal coughs and cold.

It is very important if you are over 50 or have an underlying health concern that you try and have the COVID and flu Vaccinations. If you need a COVID booster or even the first course please contact 119 or go online <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>. If you need a flu jab please call the surgery after 11 am and we will organise this for you.

The surgery will be closed over the Public Holidays (please see the back page for further details). I very much hope that you do not need us, but if you do, we will always try to help.

Extended Access Appointments

South Downs Health and Care GP Federation (SDHC) provides additional appointment capacity for all GP Practices in Eastbourne, Hailsham and Seaford as well as the Havens and High Weald.

The Enhanced Access Service (EAS) that they deliver is designed to help increase the capacity to talk to and see a healthcare professional. Appointments are available 7 days per week, 365 days per year.

The GP or Advanced Care Practitioner that you see or speak to will not be from Park Practice and it is very possible they won't be from East Sussex but the Healthcare Professional that you speak with will be fully qualified, will be able to access your notes and will be able to issue a prescription if needed.

These appointments are bookable via our receptionists. You may be routinely offered one of these consultations and if not, you are welcome to ask to book.

one. Face to face appointments tend to be located at the SDHC Primary Care Hub at Hampden Park Health Centre, Brodrick Close, Eastbourne.

Bereavement Counselling for Children



The Seahorse Project based in St Wilfrid's Hospice, Eastbourne, helps children and young people aged

6-18 years of age, to process the death of a loved one through counselling and art therapy. This is available for young people in the catchment area of Seaford, Hailsham, Uckfield, Heathfield, Pevensey and Eastbourne.

If you know a young person who would benefit from this service, please click on the link below to access the self-referral form or see their website for further information.

[Seahorse Project - St Wilfrid's Hospice \(Eastbourne\) \(stwhospice.org\)](http://stwhospice.org)

Waiting Times for Hospital Outpatient Routine Referrals

If you have been referred to Eastbourne District General Hospital or to the Musculoskeletal Services (MSK), there are links which gives the **approximate** waiting times for ROUTINE outpatient appointments.

These links are updated regularly.

For referrals made to Eastbourne District General Hospital, please click on the link below and look for the speciality you have been referred to:-

[Average wait for routine first Outpatient appointment – East Sussex Healthcare NHS Trust \(esht.nhs.uk\)](https://sussexmskpartnershipeast.co.uk/waiting-times/)

For referrals made to the MSK Services (Orthopaedics, Rheumatology, Pain Management and Physiotherapy), please click on the below link:-

<https://sussexmskpartnershipeast.co.uk/waiting-times/>

Health Kiosk in the Waiting Room

We would like to remind all patients about the health kiosk located at the back of the waiting room. This is surrounded by a screen for your confidentiality and privacy.

The facilities include:-

- taking your blood pressure
- taking your height and weight
- general health checks and other unique reviews such as mental health wellbeing.

The attached computer screen will then sync the information directly to your medical record, as well as automatically flag any abnormal results to the doctor.



If you would like to use the machine, then please feel free to come in and try it out. There are instructions within the Health Kiosk but please ask our reception team if you require assistance.

How to Look After Yourself

Did you know, you can self-refer yourself to these free groups for help, advice and support?

Community Connectors

Website:
www.southdown.org/services/community-connectors-east-sussex

This service is for people aged 16 years and over, who are experiencing issues affecting their mental health/wellbeing and live in the local area. They support people to access relevant services and groups which may help.

Click on this link for more information:-
[Community Connectors - Southdown.](#)

iRock

Website: www.irocksussex.com

i-Rock is a service for 14-25 year olds. They can offer advice and support on emotional and mental wellbeing, jobs, education and housing. It doesn't matter how big or small your problem is, they will do their best to help you. They offer face to face appointments and phone appointments too.

Click on their link for more information:-
[Eastbourne i-Rock | ESCIS](#)

Health in Mind

Website: www.healthinmind.org.uk

Health in Mind provide courses and other types of therapies which help with stress, anxiety and low mood.

Whatever the reasons are for feeling down: -relationships, motivating yourself, money or work issues, they offer a service which may help you feel more positive again.

This service is for people over the age of 18 years of age.

Click on this link for more information:-
[Service - Health in Mind | Sussex Partnership NHS Foundation Trust](#)

One You

Website:
www.oneyouou.eastsussex.org.uk

One You can help you to get back to a healthier you, and support you to make simple changes towards a longer and happier life. They will provide motivational support and encouragement every step of the way, to help improve your health right away.

For example, you might need help with:-

- Being more active
- Losing weight
- Being smoke free
- Eating well
- Reducing your alcohol intake

Click on this link for more information:-

[Welcome to One You East Sussex: Get Back to a Healthier You](#)

Maternity Self-Referral

Website:
www.esht.nhs.uk/service/maternity/your-pregnancy/maternity-self-referral

If you have just found out you are pregnant, please click on this link:-

[Maternity Self Referral – East Sussex Healthcare NHS Trust \(esht.nhs.uk\)](#)

Once you have completed the on-line maternity self referral form (which is secure), this will be processed and you will receive an ultrasound scan appointment through the post. The community midwife will aim to contact you prior to the ultrasound scan appointment.



This website also includes useful information relating to pre and post maternity care.

Health and Wellbeing Coaches at Park Practice

- ❖ Are you worried about your health?
- ❖ Do you rely on medications too much?
- ❖ Do you feel tired or anxious a lot?

We are here to help you take charge of your own life.

Who are we?

We are a team of Health and Wellbeing Coaches.

What do we offer?

- 45 min appointments during which we can focus on YOUR needs, YOUR health and everything that bothers YOU.
- Non-judgmental approach.
- Professional health advice on diet, joint pain management, exercise, improving sleep, drinking less alcohol, weight management, stopping smoking.
- We will help you identify your own realistic health goals and support you on your way to achieve them.
- We can refer or signpost you to any relevant organisations.

You can improve your physical and mental health as well as reduce your risk of developing long-term conditions in the future. If you want to feel more empowered, healthier, well supported and confident, speak to your GP and get a referral to a Health and Wellbeing Coach.

Join our Walking Group!

Do you want to meet friendly, like-minded people in a relaxed and social environment whilst also improving your fitness and wellbeing?



Being active is the secret to staying healthy, and walking is one of the easiest ways to get moving. So how about joining our WALKING GROUP? It's run by our [Health and Wellbeing Coaches](#).

Let's meet up and go for a walk. No need to bring anything other than a water bottle. Don't forget to wear something comfortable.

WHEN: every Wednesday at 10 am.

WHERE: outside Lakeside Tea Chalet (Hampden Park)



Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

Top benefits of walking:

- Opportunity to meet new people.
- Reduces stress.
- It's the perfect way to zone-out and rid yourself of any daily stress. Plus, the exercise-induced endorphins released will leave you feeling better than ever by helping to improve your mood.
- *Helps maintain a healthy weight.* Regular walking can help you maintain a healthy weight, burn calories and help tone and strengthen your muscles.
- *Lowers blood pressure.* Being active can help to lower blood pressure and prevent high blood pressure. This helps to lower your risk of heart problems in the future.
- *Increases energy levels.* You might sometimes feel like you are too tired to get out walking, but keeping active can actually boost your energy and help you feel less tired in the long term.
- *Improves sleep.* Adding more activity to your daily routine can help improve the quality of your sleep.

Minor Eye Conditions Service

If you have a **sudden** onset of an eye problem, you can be assessed and treated by the local Minor Eye Conditions Service Team which is based in Specsavers



Opticians in the Beacon Centre in Eastbourne. [This is for patients over the age of 3 years.](#)

Please call them directly on 01323 649767 stating "Minor Eye Conditions" when asking for an appointment.

An urgent appointment will be within 24 hrs and a routine appointment will be within five days.

They can deal with the following conditions:-

- Sudden onset of blurred or double vision
- Eye pain or discomfort
- Red eye or eyelids
- Lumps and bumps in the vicinity of the eye
- Ingrowing eyelashes
- Watery eyes
- Dry/gritty/uncomfortable/itchy eyes

Please note if you have an injury to the eye, ie chemical or penetrating injury, please attend A&E.

National Obesity Awareness Week - 10-16 January 2023

By 2050, 50% of the population could be obese. Fighting obesity can seem daunting but the good news is that it is not impossible! This week aims to demystify obesity and practice easy ways to prevent it.



- *Make fitness a priority* – whether it is brisk walking, swimming or dancing. Remember consistency will help you reach those fitness goals.
- *Set realistic goals* – aim to reduce food intake gradually and increase exercise gradually.
- *Swap unhealthy foods* – eating well is the key to preventing obesity and related cardiovascular diseases.

- Cook healthier food instead of ordering a takeaway. Incorporate vegetables, whole grains, fruits, beans, nuts and seeds into your diet.



Community Pharmacist Consultation Service

When you call the surgery for an appointment, we may offer to refer you to a local pharmacy depending on the nature of your call.



This service offers a same day appointment with your community pharmacist for various minor symptoms.

The service is helping to alleviate pressure on GP appointments and emergency departments, in addition to harnessing the skills and medicines knowledge of pharmacists. Should you need to be escalated or referred to an alternative service, the pharmacist can arrange this.

Tips for Staying Warm this Winter

With rising heating bills this year, here are some simple and cost effective ways to stay warm:



- Dress in layers – layers will insulate your body and make it easier to regulate your body temperature.
- Wear thick socks or slippers.
- Leave the oven door open after baking – this will allow the hot air to escape and heat the room.
However, never use the oven as a primary source of heat, as this can increase carbon monoxide levels in your home.
- Enjoy a cup of soup and warm beverages – this will warm yourself from the inside. Make a larger cup and consider filling up a flask at the same time, to have later.
- Spend more time upstairs – hot air rises. Aim to spend more time on the upper level over the colder months.
- Stay active – keep as active as possible to boost your circulation. Move around at least once an hour and avoid sitting still for long periods. When you do sit down, put your feet up as it is coldest nearest the ground.
- Keep the cold out – close doors and use a keyhole cover to block draughts. Put draught excluder tape around closed windows and place a draught excluder at the bottom of the doors. Consider hanging a thick curtain inside the front door.

Christmas Arrangements

Due to the Bank Holidays, please remember to request your repeat prescriptions in plenty of time.



Please note we will be closed on the 26th and 27th of December 2022, as well as the 2nd of January 2023.

Whilst we are closed, if you have a medical emergency, please call 111 and they can direct you to the best place to get help. If you prefer, you can go to their website www.111.nhs.uk. The online service is for people aged 5 and over.

Only attend the hospital's Accident & Emergency Department if you have a life-threatening emergency.

All the partners and staff wish you a Happy and Healthy 2023.

